



GB ROWING



GB ROWING SCHEMES - JUNIORS 2008/2009

Early Identification Trial – 5000m

Boston – Saturday 22 November 2008

This event is very important for those candidates aiming to gain selection for the 2009 World Rowing Junior Championships and Coupe de la Jeunesse. All potential candidates aiming to gain selection for the 2009 WRJC and CdIJ are required to race unless there are exceptional circumstances that have been discussed with the High Performance Coach-Juniors/Under 23s in advance.

Rowers with the best performances from this event and those with top ergo scores will be invited to the World Class Potential Camp (13-20 December 2008). In addition rowers whom it is felt will benefit from the experience of this camp may also be invited. Candidates who wish to be considered for Lottery and SportsAid Grants will need to participate in this event as well as other assessments included in the 2009 Strategy Statement.

ENTRY CRITERIA - PLEASE READ CAREFULLY

- Candidates must be registered junior rowers with the ARA, SARA or WARA.
- They must also have been registered with the GB Rowing office as candidates for selection for the 2009 WRJC and CdIJ by returning the Junior Rower & Coach Registration Form and ergo score by Monday 20 October (a copy of the registration is available from GB Rowing office).
- There is a strict ergo cut off standard for all entries:
JM < 6:55.0 JW < 7.50.0
JM16 < 7:05.0 JW16 < 7:55.0

It is important that coaches are very honest with their rowers now about the standard of the GB Junior National Trials and do not enter rowers purely for experience. Please feel free to contact the HPCJ if you have any queries about the standard.

- Only rowers born in 1991, 1992 or 1993 will be allowed to compete.

Format

Saturday 22 November

	Division 1	Division 2
Confirmation of Entry and Collect numbers	0830-0930	1100-1230
Briefing for ALL	0930	1230
Latest boating time	1030	1330
Race time (provisional)	1100	1400
Boat types	JM18 1x	JW1x, JW16 1x & JM16 1x
Distance	5000m	5000m
Race capped (except first and last 250m)	28	28

To ensure that the event runs smoothly and on time, coaches' co-operation and full support is required. If the entry becomes too large, clubs' numbers will be reduced.

Entries

Entries close Monday 17 November at 12:00

Entries must be submitted on the approved entry form. The entry form will be emailed to all coaches who have registered for 2008-2009 season at the beginning of November. Completed forms must be sent as an attachment before the deadline to Zuzana Konrad at GB Rowing office (zuzana.konrad@gbrowing.org.uk).

In an attempt to keep overtaking to a minimum, scullers should be entered in speed order (fastest first) on the entry form.

Incomplete entry forms will lead to entries being rejected

All entries will have their receipt confirmed.

Entry Fee & Race Numbers

There is a charge of **£10.00** per person per race. Cheques, made payable to 'ARA Limited', or cash are to be paid on Saturday 22 November when you confirm your entry and collect your race numbers from Boston RC Clubhouse. Numbers will be supplied per club per division - not to individual scullers. Please ensure that the club representative collecting the club's numbers has the means to pay for the whole entry. No sculler will be permitted to race if they have not collected their number or boated on time

Briefing

There will be a briefing on the day before each division for all coaches and rowers. It is important that all involved attend the briefing. Start lists, as well as safety and marshalling details, including coaches' job allocation will be available at the check in on collection of start numbers and payment of entry fees. All coaches must be prepared to help with marshalling along the course – more details will be emailed to coaches nearer to the date of the race.

Rate Cap

The race will be rate capped at 28 except for the first and last 250m, which is free rate

Parking

Parking will be at Boston Rowing Club. Please park carefully under the direction of members of Boston RC.

Boating and Facilities

We are able to use the facilities of Boston Rowing Club and please respect them. Limited refreshments can be purchased on site. Boating will be from the landing stage at Boston Rowing Club. The Boston Rowing Club officials will be helping to boat all of the rowers – please listen and respond to their instructions.

Security

GB Rowing have employed a security guard from 1800 on Friday until 0600 on Saturday to oversee boats left at Boston RC overnight. **Please do not leave boats either in or on the railings of the children's playground.**

General

To ensure scullers do not have to wait too long at the start before they begin to race, the gap between scullers will be 10 to 15 seconds.

It is not possible to start the first boat until ALL boats are past the big bend approximately halfway up the course. Any sculler that has not reached this point on their way to the start 20 minutes before the race start time will not be allowed to proceed to the start. **This rule must be adhered to for reasons of rowers' safety.**

Please ensure that your rowers have enough kit with them to keep warm and dry at the start.

Going to the Start and marshalling

You should observe the normal rules of the river i.e. KEEP TO BOWSIDE. Full marshalling details will be supplied with numbers at check-in on the day of the race. Marshalling will be above the start. When you reach the marshalling area you should get into position, taking care not to interfere with oncoming boats whilst you turn round. It will be necessary for all boats to be past the bend (which is located 2km after the start) before racing starts. ALL BOATS MUST BE ABOVE THIS POINT BY 20 MINUTES BEFORE THE START TIME OF THEIR DIVISION. Boats not above this point may not be allowed to proceed further. When moving up beyond this point there may be boats racing so keep a good look out and remain close into the bank. It is therefore essential that you obey the instruction of the marshals. Please be careful!

Racing

When racing commences you will be set off approximately 15 seconds apart. You should keep to your bowside during the race unless you are being overtaken. You should then move towards your strokeside giving sufficient room for the approaching crew/sculler to come by. When you have finished racing you should continue to paddle for a further 100m before stopping. You must not stop on the finish line or cause a hold up around the finish area.

Results will be made available as soon as possible after each event. Please be patient.

Insurance

It is the responsibility of coaches and rowers to ensure that they and their equipment are adequately insured, including provision for Third Party Cover.

Safety

In the interests of safety **all coaches must be prepared to act as marshals** as requested. They or any supporters should not expect to accompany their rowers over the course.

If there is any doubt about river conditions in the days leading up to the event, please telephone John Layng 0208 875 6903 (work) or 07785 728670 (mobile).

Richard Boulton
High Performance Coach – Juniors/Under 23s

October 2008